

## Shopping Tip

You can choose a combination of whole grain choices up to the amount of ounces (OZ) printed on the check.

## Whole Grain Choices:

- **Brown Rice**
- **Bulgur**
- **Oatmeal**
- **Soft Tortillas**
- **100% Whole Wheat Bread**



## Brown Rice

### APPROVED

#### Must Be

Plain



#### You Can Choose

16 oz bags or larger, or bulk (sold by weight)  
Any brand  
Non-organic or organic

### NOT APPROVED

#### Do Not Buy

Sizes and types not listed as approved  
Added flavors, foods, or spices  
Boxes  
Basmati, black, jasmine, mahogany, white, or wild  
Gourmet  
Mixed rice

## Bulgur

### APPROVED

#### Must Be

Plain

#### You Can Choose

16 oz bags or larger, or bulk (sold by weight)  
Any brand  
Non-organic or organic



### NOT APPROVED

#### Do Not Buy

Sizes and types not listed as approved  
Boxes  
Added flavors, foods, or spices

## Oatmeal

### APPROVED

#### Must Be

Plain



#### You Can Choose

16 oz bags or larger, or bulk (sold by weight)  
Any brand  
Gluten-free  
Instant or quick  
Non-organic or organic  
Old-fashioned or regular  
Rolled or steel-cut

### NOT APPROVED

#### Do Not Buy

Sizes and types not listed as approved  
Boxes  
Cylinders  
Added flavors, foods, or spices  
Granola

## Shopping Tip

You can choose oatmeal in bags or in bulk when "whole grain choices" is printed on the check.

## Soft Tortillas

## APPROVED

## Must Be

Packages, 8 OZ or larger  
Yellow or white corn soft tortillas  
Whole wheat soft tortillas  
Plain

## You Can Choose

Any brand  
Low-sodium



## Shopping Tip

You can choose **any brand** of soft tortillas. **Some examples** are listed below. Others are listed on the WIC website.

Celia's White Corn  
Celia's Whole Wheat  
Chi Chi's Café Style Corn  
Don Pancho 6" White Corn  
Don Pancho 6" Yellow Corn  
Don Pancho White or Yellow Corn  
Great Value Corn  
Guerrero 100% Whole Wheat  
Guerrero White or Yellow Corn  
La Burrita 8" Yellow Corn  
Mama Lupe's 100% Whole Wheat  
Mission White Corn – Super Size  
Mission Yellow Corn – Extra Thin  
Mission Yellow Corn – Super Size  
Mission Whole Wheat  
Ortega Whole Wheat  
Tia Rosa White Corn  
Tia Rosa Yellow Corn Taco Size

## NOT APPROVED

## Do Not Buy

Sizes and types not listed as approved  
Added flavors, foods, or spices  
Chips, taco salad bowls, taco shells, tostada, or any other hard tortillas  
Mixed-grain tortillas, such as corn and wheat together  
Sprouted wheat  
Store-made tortillas  
Tortillas with "light" or "lite" on the label  
Wraps

## 100% Whole Wheat Bread

## APPROVED

## Must Be

Packages, 16 OZ or larger  
100% whole wheat bread  
Loaf, plain, sliced

## You Can Choose

Any brand  
Low-sodium



## Shopping Tip

You can choose **any brand** of 100% whole wheat bread. **Some examples** are listed below. Others are listed on the WIC website.

Albertsons  
Country Oven  
Franz  
Franz 40 Calories Per Slice  
Franz 45 Calorie  
Franz Big Horn Valley All Natural  
Franz Stone Ground  
Fred Meyer  
Great Value  
Haggen  
Haggen Stone Ground  
Oroweat  
Oroweat Country  
Roman Meal All Natural  
Royal Hearth  
Safeway O Organics 100% Whole Grain Wheat  
Sara Lee Classic  
Yoke's Fresh Market

## NOT APPROVED

## Do Not Buy

Sizes and types not listed as approved  
Added flavors, foods, or spices  
Artisan or gourmet (bread baked in small batches)  
Breads not wrapped in plastic  
Breads with "light" or "lite" on the label  
DHA  
Extra fiber  
French bread  
Frozen or refrigerated dough  
Gluten-free breads  
Multigrain  
Pockets of honey  
Sourdough bread  
Sprouted wheat  
Store-made bread  
Uncooked bread mixes  
Un sliced